



Old Bay-Rubbed Salmon

with Roasted Veggies and DIY Dill Ranch

Family Friendly 35 Minutes



-  Salmon Fillets, skinless
-  Sweet Potato, fries
-  Mayonnaise
-  White Wine Vinegar
-  Old Bay Seasoning
-  Garlic Puree
-  Green Beans, trimmed
-  Sour Cream
-  Dill

HELLO OLD BAY SEASONING

The perfect combination of spices and seasoning to make your seafood dinners pop!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, aluminum foil, parchment paper, small bowl, whisk, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Sweet Potato, fries	340 g	680 g
Mayonnaise	2 tbsp	4 tbsp
White Wine Vinegar	½ tbsp	1 tbsp
Old Bay Seasoning	½ tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Green Beans, trimmed	170 g	340 g
Sour Cream	3 tbsp	6 tbsp
Dill	7 g	7 g
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Roast sweet potato fries

Add **sweet potato fries**, **½ tsp Old Bay Seasoning** and **1 tbsp oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with ½ tsp Old Bay Seasoning and 1 tbsp oil per sheet.) Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



Bake salmon and green beans

Pat **salmon** dry with paper towels, then sprinkle **1 tsp Old Bay Seasoning** (dbl for 4 ppl) all over. Add **salmon** to the other side of the foil-lined baking sheet. Roast in the **top** of the oven until **salmon** is almost cooked through, 3-4 min. (**NOTE:** Salmon will finish cooking in step 5.)



Make DIY dill ranch

While **sweet potato fries** roast, finely chop **dill**. Add **sour cream**, **mayo**, **half the vinegar**, **half the dill**, **¼ tsp garlic puree** and **½ tsp sugar** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then whisk to combine.



Finish salmon and green beans

When **salmon** is almost cooked through, turn the broiler to high. Broil **salmon** and **green beans** in the **middle** of the oven until **salmon** is golden and cooked through, 2-3 min.**



Prep green beans

Add **green beans**, **remaining garlic puree** and **½ tbsp oil** (dbl for 4ppl) to one side of a foil-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.



Finish and serve

Divide **salmon**, **green beans** and **sweet potato fries** between plates. Sprinkle **remaining dill** over **salmon**. Serve **DIY dill ranch** on the side for dipping.

Dinner Solved!